



Cooks Guide to
Healthy
Foods
for Kids



Cook's Guide to Healthy Food for Kids

As the cook in your child care center, the decisions you make can have a direct impact on the quality, healthfulness and safety of the foods you prepare for children in your care. Healthy eating habits are often established at a very young age. Children who are offered healthier items such as fruits, vegetables, lean meats, low-fat dairy and whole grain products are more likely to choose those items at home, in restaurants and family gatherings now and later in life. This means you have the opportunity to help establish a lifetime of healthy eating habits for the children you serve.

With such a big responsibility, you may want or need some guidance. This Cook's Guide to Healthy Food for Kids provides healthy recipes, tip sheets, kitchen equipment recommendations and food safety information. We've included a four-week CACFP creditable cycle menu for you that focuses on Colorado's Healthier Meals Initiative:

1. Limit 100% fruit juice to twice per week*
2. Limit processed and pre-fried meats to once per week*
3. Offer at least one whole grain product per day**
4. Serve 1% or fat-free milk to children ages 2 years and older (policy, effective October 2012)

*best practice would be to not offer at all

**best practice would be to offer whole grains whenever possible

You will find healthy recipes cards in a separate ring in the *Healthier Meals for Healthier Kids* toolkit to help you prepare food on the included menu that corresponds to what children are learning in their classrooms about food.

The Cook's Guide to Healthy Food for Kids also includes materials regarding basic food safety. There are safe practices in food handling, cooking, serving and storage that are essential to preventing food-borne illness to help keep children healthy while serving nutritious foods.

Whether you are a cook at a large or small child care center, a child care professional that wears a chef hat along with many others or an administrator committed to reducing childhood obesity, this booklet has resources that can help you ensure the health of the children under your care.

Thank you for the work you do to keep Colorado kids healthy. We hope this booklet helps you ensure healthy diets for children under your care.

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Keeping Kids Safe: A Guide for Safe Food Handling and Sanitation

Introduction

This food safety guide is designed to help child care professionals keep their centers safe and clean. Safe food handling, storage, cooking and serving practices are essential to preventing food borne illness and providing healthy food for children.

Children under the age of 5 years are susceptible to food borne illnesses because their immune systems are not fully developed. It is important to follow these basic safe food handling preparation tips to keep food safe.

Safe Shopping

- Do not buy or use meat, poultry and meat products unless they have been inspected.
- Do not buy or use home canned food from outside sources; food from dented, rusted, bulging or leaking cans; or food from cans without labels.
- Do not buy or use raw or non-pasteurized milk, milk products or juices.
- Place frozen and perishable food such as meat, poultry or fish in plastic bags and add them in the shopping cart last.
- Do not buy torn or leaking packages.
- Do not buy foods past “sell-by” or expiration dates.

Safe Storage of Foods

- Keep your refrigerator and freezer clean and in safe condition.
- Store soaps, detergents, cleaning compounds or similar substances away from food supplies to prevent accidental poisoning, potential leakage problems and contamination. Always keep these substances away from children.
- Do not store pesticides and other similar toxic substances where you store, cook or prepare food, or where you store kitchen equipment or utensils. Always keep these substances away from children.
- Unpack perishable foods from the car first and put them in the refrigerator right away.
- Keep the refrigerator temperature at 40°F or less, and the freezer at 0°F to slow the growth of most bacteria.
- Check the temperature of your refrigerator and freezer daily.
- Keep all food stored in the refrigerator and freezer covered, wrapped or stored in airtight containers to protect from contamination.
- Wrap raw meat, poultry and seafood securely to prevent juices from contaminating other foods. Store them in the meat or produce drawer or the coldest section of the refrigerator or freezer.
- Do not store perishable foods, such as eggs, in the refrigerator door. The temperature in the door fluctuates more than the temperature in the cabinet.
- Cook or freeze fresh poultry, fish, ground meat or mixed meats within two days after you buy them. Cook or freeze beef, veal, lamb or pork within three to five days.
- Protect food from insects and rodents by keeping storage containers off the floor.
- Store dry, bulk foods in original, unopened containers off the floor in clean metal, glass, or food grade plastic containers with tight fitting covers. Label and date the containers.

- Keep store rooms clean, dry, and well ventilated and cool (about 60°F).

Safe Food Preparation

- Keep all kitchen equipment, dishes and utensils clean and in safe condition.
- Wash dishes and utensils in a dishwasher or by hand with a sanitizing agent.
- Keep the food preparation area separate from the eating, napping, play, toilet and bathroom areas, and from areas where animals are kept. Never use the food preparation area as a passageway while food is being prepared.
- Make sure that all staff members wash their hands before preparing food, serving and eating meals and snacks, and after toileting, diapering and outdoor activities. The best way to combat the spread of communicable disease or germs is by careful hand washing with liquid soap, rinsing under running water, and drying with paper towels.
- To prevent food contamination, do not wash hands in food preparation sinks.
- Keep all surfaces that come in contact with food, including tables, countertops, floors and shelving in good repair. Use smooth and nonporous materials that are easily cleaned and sanitized.
- Use cutting boards of easily disinfected glass, Formica or plastic. Always clean them with soap and hot water after each use.
- Do not use cutting boards with crevices and cuts because they can hide food material that can grow bacteria and contaminate the next food cut on the surface.
- Always clean and sanitize cutting boards, knives and other utensils after they come in contact with raw meat, poultry and seafood. Use one cutting board for raw meat products and another for salads and ready-to-eat foods to prevent cross contamination of bacteria from one food to another.
- Air dry hand washed dishes to eliminate recontamination from hands or towels.
- Use dishes with smooth, hard-glazed surfaces that do not have cracks or chips.
- Clean and sanitize table surfaces before and after use.
- Sanitize kitchen dish cloths and sponges often because these materials can hide and promote the growth of bacteria.
- Wash kitchen towels and cloths often in hot water in the washing machine.
- Clean the can opener blade after each use
- Keep garbage in a covered container, away from children. Empty the garbage every day to reduce odors, control insects and rodents, and protect children and the child care center form contamination.
- Sanitize the kitchen sink, drain, disposal and connecting pipe by pouring a solution of 1 teaspoon of 8.25% chlorine bleach in one gallon of water or a commercial cleaning solution down the drain.
- Wash fresh fruits and vegetables with water in a designated fruit and vegetable sink with an indirect plumbing system.
- To protect them from kitchen hazards, do not allow infants and toddlers in the food preparation area.

Thawing Food Safely

- Do not thaw meat, poultry and fish products on the counter or sink because harmful bacteria can grow at room temperature.
- Thaw food under refrigeration or completely submerged in 70° water for four hours, maintaining a temperature of 41°F or below.

Safe Cooking

- Poultry, stuffed fish, stuffed meat, stuffed pasta, stuffed poultry, or stuffing containing fish, meat or poultry shall be cooked to a uniform internal temperature of at least 165°F for 15 seconds.
- Eggs, pork, lamb, fish and other meats shall be cooked to a uniform internal temperature of 145°F for 15 seconds.
- Ground beef shall be cooked to a uniform internal temperature of 155°F for 15 seconds.
- Fruits and vegetables that are cooked for hot holding shall be cooked to a temperature of 135°.
- Use a meat thermometer to determine the temperature in the thickest part of the meat.
- Never serve raw or slightly cooked eggs. Cook eggs until the white is firm and the yolk begins to harden.

Serving Food Safely

- Keep hot foods hot (over 140°F) and cold food cold (under 40°F) until they are eaten or cooked.
- Carry perishable picnic food in a cooler with a cold pack or ice. Store the cooler in the shade and open it as little as possible.
- Do not leave cooked, perishable foods and hot foods such as soups or sauces for more than two hours after cooking or one hour in temperatures over 90°F. The bacteria that cause food borne illness grow rapidly at room temperatures.
- Never offer foods that are round, hard, small, thick and sticky, smooth, or slippery to children under four years of age because they can cause choking. Hot dogs (sliced into rounds), whole grapes, nuts, seeds, raw peas, dried fruit, pretzels, chips, peanuts, popcorn, spoonfuls of peanut butter and chunks of meat larger than can be swallowed whole are examples of foods that cause choking.
- Cut food into small pieces for infants (1/4 inch) and toddlers (1/2 inch).

Clean It!

- Wash hands and work surfaces before starting food preparation.
- Clean surfaces with a sanitizing solution after each use.
- Wash hands and surfaces when working with different types of foods to avoid contamination
- Wash hands and surfaces at four-hour intervals if items are in constant use.
- Wash hands, working surfaces and utensils after touching raw meat or poultry.

Tips for Implementing the Healthier Meals Initiative in the Foodservice Operation

Healthier Meals Priority	Challenge	Creative Practices
Milk	Storage	<ul style="list-style-type: none"> • Shop more often • Purchase shelf stable milk • Add an additional refrigerator (either inside or outside of the kitchen) in order to have a designated milk refrigerator
Fruit and Vegetables (replace 100% juice with fruits/vegetables whenever possible)	Indirect drains for sinks (for washing produce)	<ul style="list-style-type: none"> • Work with local health department to address sink issues • Re-fit pipes beneath the sinks to include indirect drain
	Storage	<ul style="list-style-type: none"> • Consider adding refrigeration (either inside or outside of kitchen) to store produce • Become familiar with which fruits and vegetables are stored at room temperature • Shop more often
	Cutting and preparing fresh produce	<ul style="list-style-type: none"> • Practice good knife skills (using chef knives and cutting boards) • Use mechanized equipment like a food processor and a sectionizer
Whole Grains	Storage	<ul style="list-style-type: none"> • Use storage containers with lids for safe and efficient storage and quick inventory
	Cooking	<ul style="list-style-type: none"> • Use hotel pans with lids to cook large batches of whole grains in the oven • Use a rice cooker
Meat and Poultry	Safe and efficient storage	<ul style="list-style-type: none"> • Add a chest freezer to store frozen meat and poultry • Store raw meat and poultry in food storage containers with lids in a designated area in the refrigerator to prevent cross contamination • Shop more often
	Cooking	<ul style="list-style-type: none"> • Use half-sheet and hotel pans for cooking meat and poultry in larger batches • When using household equipment, you will need to cook in multiple batches

TAB: Food Safety & Sanitation

Child and Adult Care Food Program

Colorado Department of Public Health & Environment

Child Care Center Food Safety and Sanitation Checklist

Common types of food poisoning can be prevented by:

- Good personal **hygiene** practices.
- **Clean and sanitary** food service operation.
- Correct **time and temperature** procedures.

To sum it all up, you can prevent food illnesses by remembering these simple phrases:

1. ➔ Keep Your Hands Clean...
 ➔ Your Kitchen Clean...
 ➔ Your Food Clean...
 ➔ Your Equipment and Utensils Clean!!!
2. Keep Hot Foods Hot, Cold Foods Cold!
3. When in Doubt, Throw It Out!

Clean Center and Kitchen Practices

	Yes	No
● Food Service meets all health department requirements and a health department report is available.	<input type="checkbox"/>	<input type="checkbox"/>
● Rooms and all storage areas are clean and sanitary, and there is no evidence of insects or rodents.	<input type="checkbox"/>	<input type="checkbox"/>
● The kitchen is adequately equipped and has a dishwashing system approved by the Health Department.	<input type="checkbox"/>	<input type="checkbox"/>
● Kitchen ventilation with a range hood or exhaust fan is used when necessary.	<input type="checkbox"/>	<input type="checkbox"/>
● Kitchen and surfaces of equipment that come into contact with food are washed, rinsed and sanitized after each use or after any interruption during which contamination could occur.	<input type="checkbox"/>	<input type="checkbox"/>
● Walls and appliances are kept clean. Floors are in good repair and easily cleanable.	<input type="checkbox"/>	<input type="checkbox"/>
● Any holes or cracks in screens are repaired to prevent rodents or insects from entering.	<input type="checkbox"/>	<input type="checkbox"/>
● The trash area is kept clean, and trash barrels are washed regularly. Trash is collected and stored properly in a covered container and emptied when full.	<input type="checkbox"/>	<input type="checkbox"/>
● Drinking water is readily available and hot water is available at all times.	<input type="checkbox"/>	<input type="checkbox"/>
● Pets are not allowed in food preparation or storage areas. Pets are not allowed in nursery.	<input type="checkbox"/>	<input type="checkbox"/>
● Kitchen cleaning cloths are kept in a sanitizing solution between uses.	<input type="checkbox"/>	<input type="checkbox"/>

Food Handling, Preparation, and Storage Practices

	Yes	No
Food Storage		
● Foods are stored at least six inches off the floor to prevent any incidental contamination.	<input type="checkbox"/>	<input type="checkbox"/>
● Refrigerators are kept clean and organized.	<input type="checkbox"/>	<input type="checkbox"/>
● Foods are not stored under pipes or sewage lines.	<input type="checkbox"/>	<input type="checkbox"/>
● Foods are stored in their original containers or in properly labeled containers.	<input type="checkbox"/>	<input type="checkbox"/>
● Incoming food is carefully inspected to make sure that it is not spoiled, dirty or infested with insects.	<input type="checkbox"/>	<input type="checkbox"/>
● Look for bulging, dented, leaking cans, or torn bags. Return any damaged cans to the food vendor or store.	<input type="checkbox"/>	<input type="checkbox"/>
Food Preparation		
● Tops of cans are washed before opening.	<input type="checkbox"/>	<input type="checkbox"/>
● All raw vegetables and fruits are washed before use.	<input type="checkbox"/>	<input type="checkbox"/>
● Frozen foods are thawed in the refrigerator, microwave or under cold, running water. Foods are not thawed at room temperature.	<input type="checkbox"/>	<input type="checkbox"/>
Food Transportation		
● Foods are to be covered, completely wrapped, and protected from contamination during transportation.	<input type="checkbox"/>	<input type="checkbox"/>
● There is an adequate amount of insulated food storage containers for picnics or outings to ensure foods are kept adequately cold (below 41° F) or hot (above 140° F).	<input type="checkbox"/>	<input type="checkbox"/>
● Meals brought from home are labeled with person's name and properly refrigerated (below 41° F).	<input type="checkbox"/>	<input type="checkbox"/>
Food Handling		
● Internal meat temperatures are checked with a thermometer to ensure evenness of cooking.	<input type="checkbox"/>	<input type="checkbox"/>
● Potentially hazardous food such as salads with meat, poultry, eggs, seafood or potatoes; cream-filled pastries; and other prepared foods containing eggs, milk, meat, poultry and fish are prepared as quickly as possible, refrigerated, served immediately and refrigerated immediately after use. Potentially hazardous foods should be maintained below 41° F or above 140° F during transport or holding.	<input type="checkbox"/>	<input type="checkbox"/>
● Cold foods are kept below 41° F, and hot foods are kept above 140° F. Thermometers are placed in the warmest parts of the refrigerator (upper one-third) and checked daily.	<input type="checkbox"/>	<input type="checkbox"/>
● Food is tasted using proper procedure.	<input type="checkbox"/>	<input type="checkbox"/>
Cooked Food Storage		
● All foods are stored in clean, covered labeled containers.	<input type="checkbox"/>	<input type="checkbox"/>
● Food is cooled quickly (less than four hours) in shallow pans in the refrigerator, and there is enough shelf space to allow for air circulation around shelves and refrigerator walls.	<input type="checkbox"/>	<input type="checkbox"/>
● Foods that look cloudy, mushy, or smell strange are thrown out.	<input type="checkbox"/>	<input type="checkbox"/>
● Food is handled with utensils, clean hands or single use gloves.	<input type="checkbox"/>	<input type="checkbox"/>

Personal Hygiene Practices

	Yes	No
• Employees are in good health and do not have any communicable diseases.	<input type="checkbox"/>	<input type="checkbox"/>
• All staff members observes good personal hygiene.	<input type="checkbox"/>	<input type="checkbox"/>
• Staff members wear clean outer garments. Outer garments are replaced when soiled.	<input type="checkbox"/>	<input type="checkbox"/>
• Kitchen staff members wash hands prior to preparing and serving food. Hands should be kept clean when handling all food, equipment, utensils and dishes.	<input type="checkbox"/>	<input type="checkbox"/>
• Hair is covered with a hairnet or cap during food preparation. Hair covering is not required for food servers.	<input type="checkbox"/>	<input type="checkbox"/>
• Soap and paper towels are always available in all bathrooms, changing areas and food preparation areas.	<input type="checkbox"/>	<input type="checkbox"/>

Handwashing Practices

	Yes	No
• Handwashing facilities are located in or immediately near toilets, diaper changing areas and food preparation areas.	<input type="checkbox"/>	<input type="checkbox"/>
• Handwashing and toilet facilities have hot and cold running water and are readily available to all staff members and children.	<input type="checkbox"/>	<input type="checkbox"/>
• Soap and individual or disposable towels are available for handwashing. Mechanical air drying devices may be used.	<input type="checkbox"/>	<input type="checkbox"/>
• Staff washes hands with soap and running water after diapering, helping children wipe noses, toileting, and prior to and after serving food. Handwashing happens after handling animals or at any other time hands become soiled.	<input type="checkbox"/>	<input type="checkbox"/>
• Children are supervised and assisted with handwashing after diapering, wiping noses, toileting, and prior to and after eating. Children's faces should be washed as needed. Handwashing occurs after handling animals or at any other time hands become soiled.	<input type="checkbox"/>	<input type="checkbox"/>

Safety Practices

	Yes	No
• No home canned items or artificial sweeteners are served.	<input type="checkbox"/>	<input type="checkbox"/>
• Poisonous and toxic materials including medicines, cleaning supplies, paints, fuels, insecticides and/or other hazardous chemicals are kept in locked storage and stored away from food and food related supplies.	<input type="checkbox"/>	<input type="checkbox"/>
• Plastic bags and sharp tools are stored so that they are inaccessible to children.	<input type="checkbox"/>	<input type="checkbox"/>
• Combustible items are stored in well-ventilated areas.	<input type="checkbox"/>	<input type="checkbox"/>

Diapering Practices

	Yes	No
• Food is not stored, prepared or temporarily placed in the diapering area.	<input type="checkbox"/>	<input type="checkbox"/>
• The diapering area is a minimum of 36" by 18,"is out of the reach of children but within reach of a handwashing sink. The area is easily washed and is disinfected after each use.	<input type="checkbox"/>	<input type="checkbox"/>

(continued)

Diapering Practices

	Yes	No
● Diapering supplies are stored so they are convenient to diapering area and out of reach of children.	<input type="checkbox"/>	<input type="checkbox"/>
● Staff washes hands with soap and running water at any other time hands become soiled. Toddlers' and infants' hands are washed after diapering.	<input type="checkbox"/>	<input type="checkbox"/>
● Soiled diapers are placed in plastic lined, covered receptacles.	<input type="checkbox"/>	<input type="checkbox"/>

Infant Formula Preparation and Storage Practices

	Yes	No
● Formula is mixed according to directions on label and bottles are labeled with child's name.	<input type="checkbox"/>	<input type="checkbox"/>
● A sufficient number of infant nursing bottles are supplied and sanitized properly if they are to be reused.	<input type="checkbox"/>	<input type="checkbox"/>
● Infant formula in bottles and jars of leftover baby food that have been served are labeled with the infant's name and stored at 41° F or below, dated and discarded at the end of the day (does not apply to frozen breast milk).	<input type="checkbox"/>	<input type="checkbox"/>
● No more than one infant/child is fed from the same container of food or with the same utensil.	<input type="checkbox"/>	<input type="checkbox"/>
● Honey is not served to infants less than one year of age	<input type="checkbox"/>	<input type="checkbox"/>

TIP SHEET:

Keys to a Safe and Clean Kitchen

Four Ways to Keep Food Safe

Good Personal Hygiene

Good personal hygiene practices ensure that you will not contaminate food while you are working in the kitchen. Wash your hands frequently.

Proper Cleaning and Sanitizing

Always clean work surfaces and equipment to remove dirt and food particles and then sanitize the surfaces to reduce pathogens to safe levels.

Avoid Time-Temperature Abuse

Check refrigeration/freezer temperatures regularly. Defrost food properly and cook food to the correct temperature. When serving, keep hot foods hot and cold foods cold.

Prevent Cross-Contamination

Store food in ways that eliminate the risk of transferring pathogens from one food or food contact surface to another.

Take a food safety certification course to be sure you are using safe practices!



A professional kitchen follows the highest standards of cleanliness. A spotless kitchen is the best way to ensure food safety and communicate pride in your practice.

Tips to a Clean Kitchen

When you perform cleaning tasks on a regular basis, you can greatly improve the standard of cleanliness of your kitchen facility.

DAILY TASKS

- Check your sanitizer concentration with the proper test strips.
- Clean, rinse, and sanitize all counters and work spaces.
- Clean, rinse, and sanitize dish area and all sinks and hardware.
- Never use reusable towels to dry dishes or work spaces. Air-drying is required.
- Clean, rinse, and sanitize all food preparation equipment.
- Sweep and mop floors.

WEEKLY / MONTHLY TASKS

- On inventory day, do a deep cleaning of dry storage.
- Clean, rinse, and sanitize all of the refrigeration and freezer units.
- Clean, rinse, and sanitize stove tops and ovens.
- Deep clean, rinse, and sanitize dish area and chemical storage space.
- Maintain equipment properly. Do a deep cleaning when necessary.
- Clean walls to remove grease and other dirt.

TIP SHEET:

Safe Handling of Raw Proteins

Animal proteins, like poultry and meat, can be affordable, nutritious, and delicious ingredients in a variety of center menu items. However, they are also potentially hazardous foods and should be handled properly to ensure the highest level of food safety. When we use safe food practices during all steps in the center food service operation – from purchasing to storing to cooking to serving – we know we’re serving students fresh and tasty food that will help support their healthy growth and development.

Meat

Poultry

Purchasing

- Always check the date on the package.
- Inspect the box for signs of damage, bloodstains, ice or frost, or water damage.
- Avoid grayish color, which may indicate meat has been exposed to oxygen and not packaged properly.
- Make sure frozen meat is completely frozen.

- Always check the date on the package.
- Inspect the box for signs of damage, bloodstains, ice or frost, or water damage.
- Skin color should be creamy yellow with no dark bruises or wing tips.
- Raw poultry should never smell bad. Make sure frozen poultry is completely frozen.
- Make sure frozen meat is completely frozen.

Storing

- Refrigerated meat is stored at 41°F or below.
- Frozen meat is stored at 0°F or below.
- Frozen meat should be wrapped in airtight, moisture-proof packaging to prevent freezer burn.
- Under refrigeration, meat should be stored in sealed containers so juice can't leak, and away from ready-to-eat foods and produce.
- Date/label and follow FIFO (first in, first out).

- Refrigerated meat is stored at 41°F or colder.
- Frozen meat is stored at 0°F or colder.
- Frozen meat should be wrapped in airtight, moisture-proof packaging to prevent freezer burn.
- Under refrigeration, meat should be stored in sealed containers so juice can't leak, and away from ready-to-eat foods and produce.
- Date/label and follow FIFO (first in, first out).

Defrosting

- Always thaw under refrigeration.
- Never thaw meat or poultry on the counter or in the sink without cold water; bacteria can multiply rapidly at room temperature.
- Plan ahead; it may take several days to defrost.

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- Never thaw meat or poultry on the counter or in the sink without cold water; bacteria can multiply rapidly at room temperature.
- Plan ahead; it may take several days to defrost.

Handling

- Choose a workstation with enough room for both equipment and production.
- Wash hands and wash and sanitize workstation.
- Gather equipment and measure all ingredients before taking out raw protein.
- Take out only the amount of raw protein you can handle within one hour.
- Wear disposable plastic gloves and plastic aprons.
- Discard contaminated packaging.
- Never wash raw proteins.

- Choose a workstation with enough room for both equipment and production.
- Wash hands and wash and sanitize workstation.
- Gather equipment and measure all ingredients before taking out raw protein.
- Take out only the amount of raw protein you can handle within one hour.
- Wear disposable plastic gloves and plastic aprons.
- Discard contaminated packaging.
- Never wash raw proteins.

Cooking & Serving

- Plan preparation and cooking so meat can be served immediately if possible.
- 155°F for 15 seconds for ground beef, whole pork and beef roasts.
- Check temperatures with a calibrated thermometer. For roasts, test the thickest part.

- Plan preparation and cooking so meat can be served immediately if possible.
- 165°F for 15 seconds for ground poultry, chicken, and turkey roasts.
- Check temperatures with a calibrated thermometer. When testing, stay away from the bone.

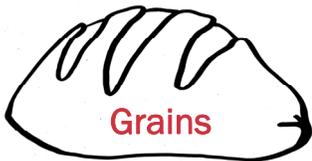
TAB: Preparation & Cooking Tips



Categories of Recipes

Recipes can be grouped and categorized in many different ways. Organizing recipes should help you find what you are looking for, and navigate the available options based on what you're making. Some cookbooks organize recipes by meal: breakfast, lunch, dinner, snack. Others organize recipes by the different parts of a meal: appetizer, soup, salad, entrée, dessert.

The Healthier Meals Initiative arranges recipes by how they are creditable according to the different components of the preschool meal pattern: grains, fruits, vegetables, and meat or meat alternate. Keep in mind that a recipe featuring one component may include enough ingredients from another component to be fully creditable for that requirement as well. These special recipes are organized into their own category called combination dishes, or multi-component dishes.



Grains

Rice, couscous, and other grain side dishes

Pasta dishes

Breakfast dishes (granola, oatmeal, French toast)

Baked goods



Fruits and Vegetables

Salads

Cooked vegetable side dishes

Fruit-based sauces / smoothies

Vegetable-based sauces

Soups and dips

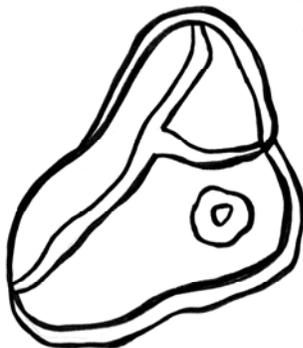
Meat or Meat Alternate

Meat dishes

Bean dishes

Egg dishes

Cheese dishes

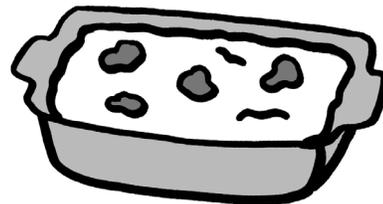


Combination Dishes

Casseroles and one-dish meals

Sandwiches / tortilla wraps / pizzas

Some grain dishes





TIP SHEET: Recipe reading



Read

Read the recipe at least two times.

- Don't rush through it.
- Taking your time will help you to avoid mistakes.



Yield

Review the yield for this recipe to determine if the recipe will make enough for what you need.

- Determine if you'll need to scale the recipe.



Gather

Gather all of your ingredients AND all of your equipment.

- Take as few trips as possible.
- Use a cart if you have one.



Preheat

Preheat the oven if the recipe requires.

- Be sure the oven is ready when you are.



Prep

Carefully review how ingredients are written to determine if you need to do any prep before you begin the steps.

- For example: If the ingredient list says, "4 onions, chopped," you must have the chopped onions ready before you begin your steps.



Steps

Follow the recipe carefully, focusing on the instructions.

- Take your time.
- Use the right equipment for the job.
- Be organized and clean as you go.
- Follow food safety rules at all times.



Serve

Be ready with what you need when it is time to serve.

- Select the appropriate serving dishes for the recipe.
- How will you portion the dish?
- What serving tools will you use?

TIP SHEET: Adapting Recipes

Tips for Making Basic Ingredient Substitutions

Recipes serve as the blueprint for making dishes that the children in your centers will love to eat. The HMI recipes include easy-to-find, healthy, and affordable ingredients. However, when you encounter a situation where you don't have all the ingredients for a recipe, you can make proper substitutions with available ingredients and still prepare the recipe. Learning to exchange ingredients is an important culinary skill that can teach you problem solving, flexibility, and creativity in your center kitchen.

Guidelines for Success

- When swapping one ingredient for another, stay within the same category of ingredient (e.g., vegetables for vegetables, whole grains for whole grains).
- Be conscious of ingredient quantities in order to ensure proper crediting. Use the Simplified Food Buying Guide or the online Food Buying Guide Calculator for Child Nutrition Programs to do your calculations.

In addition, always consider the following guidelines when making a substitution.....

Texture

The more similar, the better

If a vegetable is crunchy or soft, try to use a similar type of vegetable in its place.

Sample substitutions:

- Vegetable: Mushrooms for zucchini, broccoli for cauliflower.
- Fruit: Honeydew for watermelon, grapes for strawberries.
- Whole grain: Couscous for brown rice, corn tortilla for whole wheat flour tortilla.
- Meat or meat alternate: Ground turkey for ground beef, roast pork for roast chicken.

Flavor

Keep a similar flavor profile

Consider what flavors would fit well into the dish you are making.

Sample substitutions:

- Vegetable: Sweet potatoes for butternut squash, peppers for tomatoes.
- Fruit: Oranges for grapefruits, blueberries for raspberries.
- Whole grain: Pasta for rice.
- Meat or meat alternate: Pork for chicken, kidney beans for ground beef.

Cooking Time

Stay consistent

Choose substitutions that require a similar cooking time. If ingredients require different cooking times, you risk overcooking or undercooking the rest of the dish.

Sample substitutions:

- Vegetable: Carrots for potatoes.
- Fruit: Apples for pears.
- Whole grain: Pasta for couscous.
- Meat or meat alternate: Ground beef for ground turkey, kidney beans for black beans.

Cooked Yield

Consider the cooked product

When foods cook, their total volume reduces. Some ingredients reduce a lot, others reduce less. Maintaining a consistent yield ensures a balanced final dish.

Sample substitutions:

- Vegetable: Green beans for broccoli, spinach for kale.
- Fruit: Pears for apples, raspberries for blueberries.
- Whole grain: Quinoa for brown rice.
- Meat or meat alternative: Pork for chicken, kidney beans for ground beef.

Color

Consider visual appeal

To ensure that the dish has a high level of visual appeal, consider the colors of the individual ingredients you use. Either embrace a variety of colors, as in a fruit or pasta salad, or go for a consistent color palette as in using only white and orange vegetables in a butternut squash-based cheese sauce.

TIP SHEET:

Basic cooking techniques

Cooking is the term we use to describe the process of preparing food by applying heat. In order to master the art of cooking, it is important to understand both dry and moist cooking techniques, as these are the two fundamental ways that heat is conducted to food. With a little learning and some targeted practice (and a few good recipes to follow), you will be able to apply the right technique for your selected ingredients and the desired results. Understanding how flavor is developed through the cooking process will help to ensure that all of your meals are delicious.

Cooking Terminology

Useful definitions for a few basic cooking techniques

Moist heat



Moist heat: heat is conducted to food by water, water-based liquids, or steam.

- **Steaming:** cooking food through direct contact with steam.
- **Boiling:** cooking in a liquid that is bubbling rapidly (also called a rolling boil). Water boils at 212°F at sea level.
- **Simmering:** cooking in a liquid that is bubbling gently. Typically this occurs when water is between 180°F - 200°F.
- **Blanching:** a technique in which a food is briefly immersed in simmering or boiling water and then promptly removed. This is done to fix the color, preserve nutritional value, loosen the skin (tomatoes, stone fruit), or remove impurities (as in blanching bones).

Dry heat



Dry heat: heat is conducted to food by hot air, hot metal, radiation, or hot fat.

- **Baking:** to cook food by surrounding it with hot, dry air. Often applies to breads, pastries, and fish.
- **Roasting:** to cook food uncovered by surrounding it with hot, dry air. Often applies to meat, poultry, and vegetables.
- **Broiling:** to cook food uncovered using a radiant heat from above.
- **Grilling:** to apply a dry heat source, usually from below, directly onto the surface of food.
- **Sautéing:** to cook quickly in a pan on the stovetop in a small amount of fat.
- **Searing:** to brown the surface of food at a high temperature.

Understanding Cooking

When we cook, we change the chemical make up of food.

This can change a food's flavor (making it more delicious) and make it easier to digest.

A Look at Moist Heat Cooking Techniques

Cooking foods in water or another liquid is simple when you learn to manage the temperature correctly.

Four moist heat cooking techniques from hottest to coolest...

As the heat increases, the size and rate of the bubbles increase.

Observe levels of agitation and activity to monitor which of these techniques is at play.

Increasing Heat

- **Steaming** (water turns to steam at 100°C, so contained steam is usually above this)

A good technique for...fish, vegetables, rice, potatoes.

Steaming preserves food's nutritional value, keeps food moist, is very gentle on food, and cooks food quickly.

- **Boiling** (water boils at 212°F, 100°C at sea level)

A good technique for...pasta, beans, rice, and other grains.

Choose to boil foods that are sturdy because the high agitation of the boiling water may cause food to fall apart.

- **Simmering** (water ranges from 180°F - 200°F)

A good technique for...soups, potatoes, and tougher cuts of meat.

With good planning, the simmering liquid can be transformed into a broth, soup, or sauce.

- **Poaching** (water ranges from 160°F - 180°F)

A good technique for...very delicate items like eggs and fish.

Use a well-flavored poaching liquid that is just barely moving. It may be hard to see any visible signs of bubbles.

A Look at Dry Heat Cooking Techniques

Cooking without moisture, at temperatures of greater than 300°, can build delicious flavor in foods.

Roasting and Baking

Though used interchangeably, these terms often differ with respect to food being cooked (you bake bread) and oven temperature (roasting is hotter).

Cooking foods uncovered in the oven (surrounded by hot air) cooks food evenly because the food surface is evenly exposed to the heat.

Sautéing and Sweating

To sauté, start with a pre-heated pan, then add a small amount of fat before adding food. A crowded pan will reduce the heat, causing food to steam rather than sauté. A hot pan is necessary to achieve browning.

To sweat, you cook foods slowly on low heat to release moisture, creating tender translucent pieces.

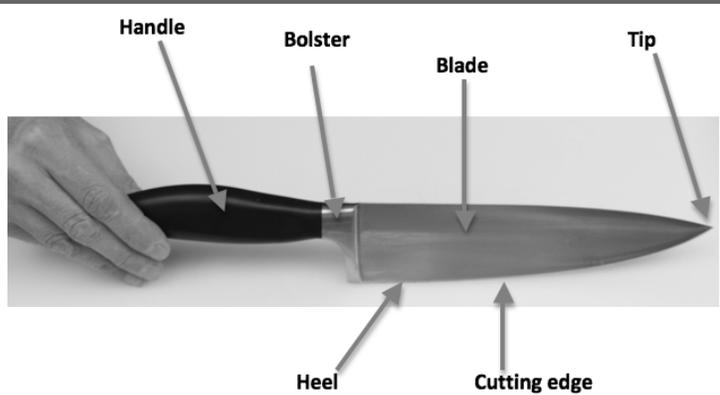
Browning Foods

Browning foods helps develop complex flavors and smells that can't be achieved through moist-heat cooking.

Cooking in a dry heat environment (like the oven or a sauté pan) browns and caramelizes foods, which creates rich flavor.

TIP SHEET: Using the chef's knife

Anatomy of a chef's knife

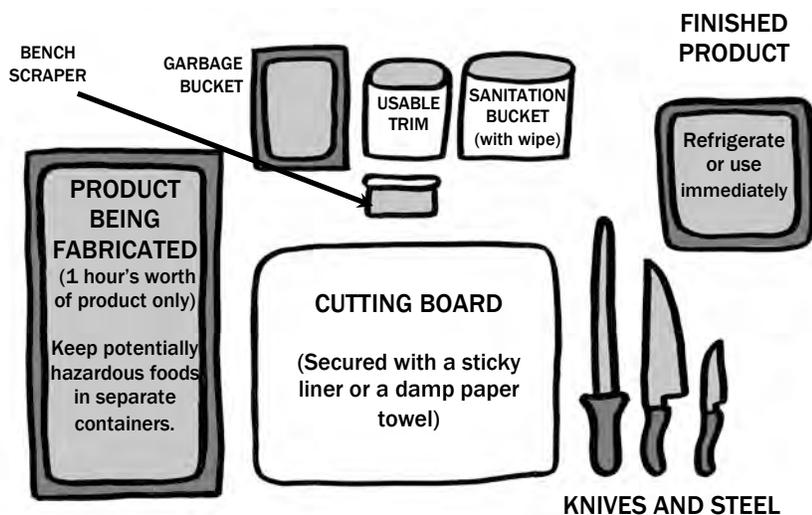


- Blade: the knife's cutting surface.
- Bolster: in knives forged from a single piece of metal, the bolster attaches the blade to the handle (balancing the weight of the knife).
- Cutting edge: the center portion of the blade (used for a variety of cutting jobs).
- Handle: the part of the knife you hold when cutting.
- Heel: the widest part of the blade, located at the back of the cutting edge (used for chopping or cutting through more dense items).
- Tip: the sharp point of the knife (used for delicate tasks).

Safe knife handling

- A sharp knife is a safe knife.
- Always pick the knife up by the handle.
- Always cut on a cutting board.
- Do not use a knife to open cans.
- Let a falling knife drop. Never try to catch it!
- When walking, hold knife firmly with the tip facing the floor and the sharp blade facing behind you.
- Be aware of where the knife is at all times.
- Store knives properly (either on a magnetic wall rack or in a knife guard in an organized drawer).
- Always wash knives by hand. Don't soak them or use the dishwasher.
- Don't leave knives where they can't be seen (e.g., the sink).
- Designate a knife storage container at the dish station for all dirty knives.
- When drying a knife, keep the sharp edge

Cutting Station Set Up



Having the correct cutting station setup is an important time management strategy.

Cutting stations should include:

- A secured cutting board
- Knives and other tools
- A bench scraper
- Product being cut (in a hotel pan or other container)
- A finished product container
- A garbage container
- A sanitation bucket

Knife Grips



Grip 1: CORRECT
Thumb and pointer on either side of the blade.



Grip 2: CORRECT
Choked up on handle with fingers resting on bolster.



Grip 3: INCORRECT
Pointer on knife's spine. May cause stress & injury.

Guide Hand



Stabilizes food being cut.

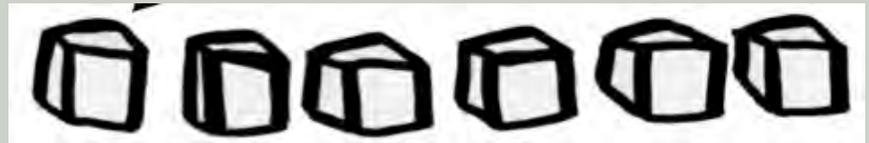
- Keep upright
- Fingers curled under knuckles
- Fingernails are visible

Cutting Motion

1. Start with tip of knife lower than heel.
2. The cutting motion is a rocking forward motion.

Knife Cuts

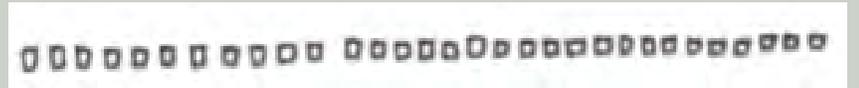
LARGE
DICE
(CUBE)



SMALL
DICE



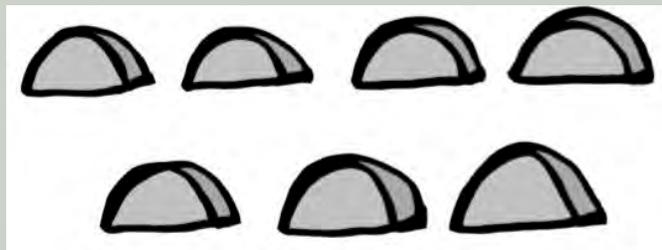
MINCE



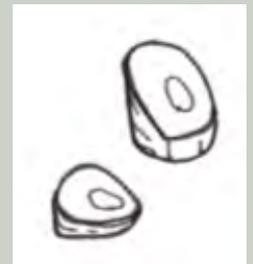
STRIP



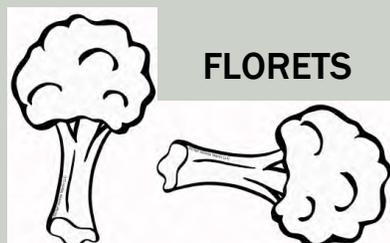
HALF MOONS



BIAS CUTS



FLORETS



SLICE



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